

### ABSTRACT OF THE DISCLOSURE

A safety strap for lifting barbells and dumbbells includes a wrist strap which is wrapped around and secured to the wrist of a user. A tongue is attached to said wrist strap which extends  
5 toward an open palm of a hand of the user. The tongue has a plurality sleeves which may receive a lifting hook member. The lifting hook member has a central portion and a pair of hooks. Each hook has a connection point located on a line of pull, an angled portion extending inwardly away from said line of pull and  
10 closer to the palm of a user, a downwardly extending portion, and an arcuate portion having an approximate midpoint positioned on said line of pull. With this arrangement, a bar positioned on the pair of hooks will remain at the approximate midpoint of said arcuate portions when lifted by said pair of hooks.